

## Feelings when needs are being fulfilled (are met)

### EXCITED

Enthusiastic  
Alive  
Surprised  
Amazed  
Flabbergasted  
Ecstatic  
Enthralled  
Thrilled  
Radiant  
Eager  
Awake  
Blissful  
Astonished  
Passionate  
Eager  
Energetic

### CONFIDENT

Empowered  
Proud  
Hopeful  
Optimistic  
Strong  
Resolute  
Powerful  
Open  
Safe  
Secure

### COMPASSIONATE

Tender  
Warm  
Loving  
Friendly  
Affectionate

### ENGAGED

Curious  
Fascinated  
Inspired  
Interested  
Involved  
Wonder  
Anticipation  
Inspiration  
Alert  
Engrossed  
Enchanted  
Intrigued  
Spellbound  
Stimulated  
In flow

### THANKFUL

Grateful  
Moved  
Touched  
Openhearted  
Appreciative

### PEACEFUL

Calm  
Quiet  
Mellow  
Bright  
Zen  
At ease  
Relieved  
Relaxed  
Serene  
Carefree  
Tranquil  
Comfortable  
At home  
Satisfied  
Content  
Centered  
Grounded  
Balanced  
Clear headed  
Refreshed  
Fulfilled  
Alive  
Chilled out  
Present  
Still  
Trusting

### HOPEFUL

Desirous  
Optimistic  
Heartened  
Expectant  
Encouraged

### PAIN

Hurting  
Lonely  
Grieving  
Mourning  
Regretful  
Remorseful  
Devastated  
Miserable  
Agony  
Suffering  
Wretched

### JEALOUS

Envious

### FRUSTRATED

Irritated  
Annoyed  
Impatient  
Irritable  
Exasperated

### ANGRY

Rage  
Mad  
Upset  
Furious  
Resentful

### VULNERABLE

Fragile  
Uncertain  
Sensitive  
Reserved

## Feelings when needs are calling for our attention (not met)

### SAD

Disappointed  
Depressed  
Down  
Gloomy  
Nostalgic  
Discouraged  
Heartbroken  
Despair  
Devastated  
Heavy hearted  
Longing

### DESPERATE

Helpless  
Hopeless  
Powerless  
Uncertain

### CONFUSED

Torn  
Doubtful  
Lost  
Hesitant  
Baffled  
Perplexed  
Puzzled  
Skeptical  
Bewildered  
Uncertain

### ASHAMED

Embarrassed  
Shy  
Guilty

### TIRED

Weary  
Exhausted  
Defeated  
Burned out  
Sleepy  
Overwhelmed  
Fatigued

### HATE

Hostile  
Aversion  
Bitter  
Disgusted  
Contempt  
Dislike

### WORRIED

Tense  
Nervous  
Anxious  
Edgy  
Concerned  
Stressed  
Tense

### SCARED

Fearful  
Afraid  
Suspicious  
Panicked  
Paralyzed  
Startled  
Anxious  
Terrified  
Apprehensive

### AGITATED

Shocked  
Startled  
Upset  
Surprised  
Disturbed  
Alert  
Panicked  
Overwhelmed  
Uncomfortable  
Restless  
Troubled

### WITHDRAWN

Bored  
Apathetic  
Numb  
Withdrawn  
Alienated  
Cold  
Numb  
Detached  
Isolated  
Disengaged

# Human Needs

## BODYFULNESS

Water  
Food  
Digestion  
Shelter  
Safety  
Warmth  
Coolness  
Pleasure  
Hug  
Nature connection  
Rest  
Sleep  
Light  
Darkness  
Breath  
Sexual expression  
Touch, Being touched  
Comfort  
Gentleness  
Speech  
Silence  
Privacy  
Care  
Health  
Healing, Being healed  
Sunlight  
Movement  
Exercise  
Music, Sound  
Rhythm  
Death

## MEANING

Gratitude  
Celebrating life  
Self-expression  
To matter  
Purpose  
Flow  
Living according to one's values  
Courage  
Mourning, Tears  
Exploration  
Discovery  
Meaning  
Understanding  
Contribution  
Enrich life  
Presence, Centeredness  
Hope, Vision, Dream, Faith  
Spirituality  
Clarity  
Focus  
Concentration  
To know and to be in reality  
Learning, Growth  
Inspiration, Creativity  
Innovation  
Challenge, Stimulation  
Empowerment  
Competence  
Participation  
Simplicity

## ONENESS/UNITY

Authenticity  
Integrity  
Presence  
Honesty  
Togetherness  
Wholeness  
Grace  
Bodyfulness

## INTERDEPENDENCE

Harmony  
Peace  
Peace of mind  
Flow  
Wellbeing of those we love  
Beauty  
Calm  
Relaxation  
Tranquility  
Ease  
Sustainability  
Stability  
Balance  
Predictability  
Structure  
Wholeness  
Capacity  
Abundance  
Certainty  
Truth  
Honesty  
Integrity

## AUTONOMY

Spontaneity  
Knowledge, Information  
Space  
Change  
Transformation  
Variety  
Choice  
Power  
Responsibility  
Freedom  
Dissent  
Limitation  
Security

## PLAY

Joy  
Laughter  
Fun  
Humor  
Spontaneity  
Lightness  
Passion  
Discovery  
Adventure  
Renewal  
Refreshment  
Variety  
Diversity  
Mystery  
Wonder  
Amazement  
Myth, Story

## CONNECTION

Love, Self-love  
Self-connection  
Empathy, Self-empathy  
Compassion, Self-Compassion  
That my needs matter  
Intimacy  
Dignity  
Closeness  
Friendliness  
Community  
Cooperation  
Collaboration  
Belonging  
Appreciation  
Understand, Being understood  
Seeing, Being seen  
Hearing, Being heard  
To know, To be known  
Partnership, Companionship  
Friendship  
Care, Self-care  
Consideration  
Acceptance  
Reassurance  
Respect  
Trust  
Reciprocity  
Inclusion  
Involvement  
Support, Help, Nurturance  
Affection  
Giving, Receiving  
Tenderness, Softness  
Consistency, Continuity